

ONE KETTLEBELL TO RULE THEM ALL

A personal journey to fitness and strength.



"Kettlebells- Hot Weight
of the Year" Rolling Stone, 2008

Dragondoor.com

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Resting HeartRate - Overall Fitness Indicator?

I've been doing some research lately on resting heart rates and how that relates to overall fitness. What I've found is that just like most things out there, the camp is divided. Some believe that it is a very good, maybe even the best indicator of overall fitness. Some believe that while it is useful, [...]

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"A workout
with **balls**"

Men's Journal 2002

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This is a Serious Circuit

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Clif and I have been working on some combo stuff, which is what we are focusing on August.

Our friend, Steve Maxwell, was one of the inspirations for that, and here is a great video of him teaching some guys a bunch of wicked exercises in a circuit.

Many of these are incorporated into our own plan. Looks like it's time to get some rings and clubs!

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